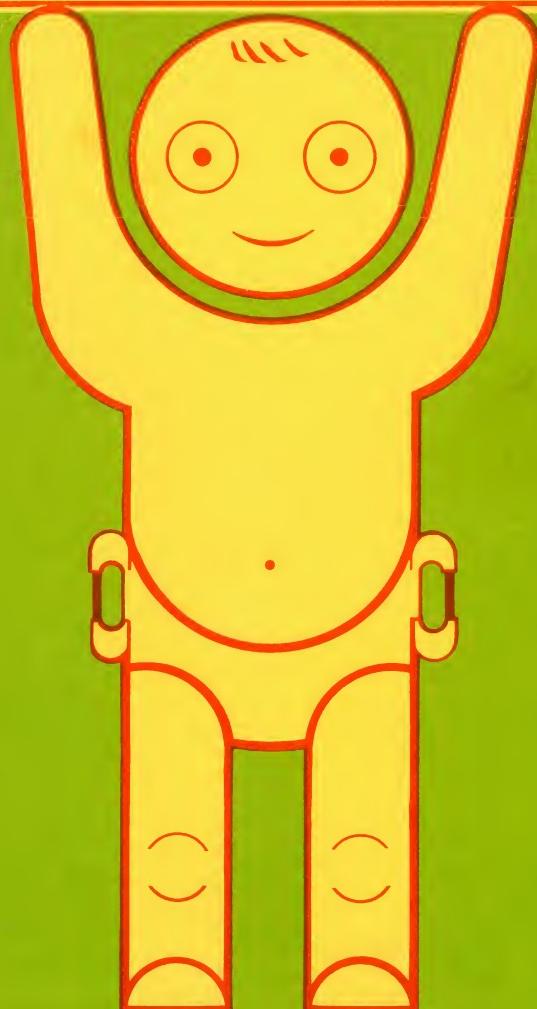


# BABY BUILDING FOODS

*(a Guide for Expectant Mothers)*

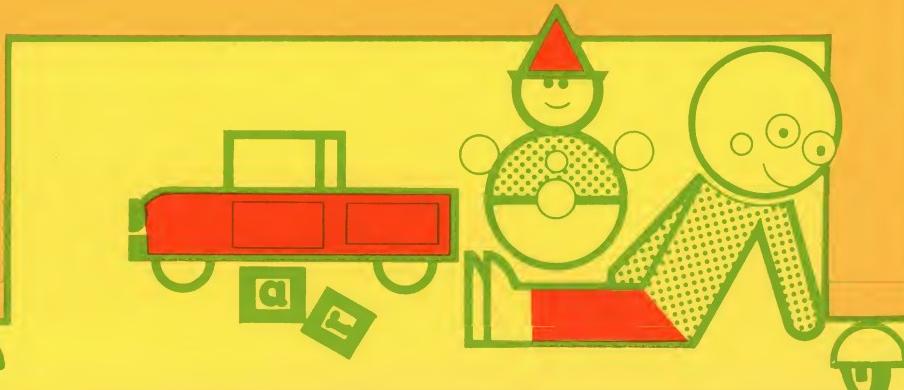






*Up to the day of birth, your baby depends on you to supply everything needed for growth and development.*

*What you eat during pregnancy helps determine the lifetime health and achievement of your baby.*





## Your Diet, vital to you and your baby

No other single factor is as important to your health and baby's as the food you eat. Why? Because pregnancy is a time of rapid growth and development. Good nutritious food is necessary for growth and development.

It has been thought that the baby develops at the expense of the mother. This may be true in the case of some nutrients where mother's reserves are used to meet the baby's needs. However, it is not true for other nutrients where baby's needs are not met if mother's diet is lacking. Mother and baby will both benefit from a good diet during pregnancy, and both would suffer from a poor diet.

Nutrition is important not only during pregnancy but from the moment of conception and even before. Contacting your doctor as soon as possible is the first thing you should do when you think you are pregnant. When this is confirmed, be sure to enroll in prenatal nutrition classes.

## Eating For Two?

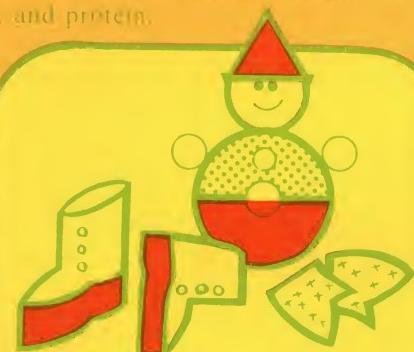
Your requirements for nutrients increase during pregnancy, but you don't have to eat twice as much as usual. Baby's needs are met with high quality foods, not large quantities.

*Remember, It's WHAT you eat, as well as HOW MUCH that's important to your baby's development.*

## How Much Food is needed during pregnancy and lactation?

All nutrients are important for you and baby. But there are some increased needs during pregnancy. These needs are similar when you are breast feeding.

The increased needs include nutrients such as calcium, iron, Vitamin A, Vitamin C, folic acid, Vitamin D, and protein.



# CALCIUM

Calcium is necessary to strengthen bones and teeth — yours and baby's.

## Calcium Facts

- Long before birth — about five months — calcium is deposited in the developing teeth causing them to harden.
- Bones also begin to harden before birth.
- If there is a lack of calcium in the mother's diet, the baby will use calcium stored in the mother's bones to strengthen his bones and teeth.
- If you have not been a regular *milk drinker* prior to pregnancy then you should increase your intake of foods rich in calcium early in pregnancy.

## What Foods Contain Calcium?

During pregnancy and lactation 750-1000 ml (3-4 cups) of milk daily will provide all the extra calcium needed for you and your baby. Milk also provides protein, riboflavin and vitamin D. Protein is necessary for growth and riboflavin is important for healthy skin and eyes and for the maintenance of a normal nervous system. Vitamin D improves the absorption of calcium. You can use whole, 2%, skim, skim milk powder or evaporated milk. All contain similar amounts of calcium, protein and riboflavin and all are enriched with vitamin D. Skim milk and 2% also have vitamin A added. Skim milk powder can be used in liquid form, or 65-125 ml ( $\frac{1}{4}$  to  $\frac{1}{2}$  cup) of dry powder can be added to recipes (milk puddings, mashed potatoes, scrambled eggs, cooked cereal, cheese dishes, meat loaf) to increase the calcium content.

### DON'T LIKE MILK?

Some of the milk required daily may be used in soups, sauces, casseroles, puddings, egg nogs, milkshakes, chocolate milk and on cereals. If plain yoghurt doesn't appeal to you, try adding fresh fruit to it. You can also replace some of your milk with ice cream or with cheese in sandwiches, salads and in cooked food like macaroni and cheese. Remember that cheese, yoghurt, and ice cream do not contain vitamin D. Some of your calcium needs must therefore be met by using fluid or powdered milk.

## Calcium Sources

Each of these foods contains, in the quantity shown, approximately the same amount of calcium.

250 ml (1 cup) whole, 2%, skim milk	45 g ( $1\frac{1}{2}$ oz.) firm cheese
250 ml (1 cup) buttermilk	45 g ( $1\frac{1}{2}$ oz.) processed cheese
85 ml ( $\frac{1}{3}$ cup) skim milk powder	150 g (5 oz.) canned salmon (with bones)
125 ml ( $\frac{1}{2}$ cup) evaporated milk	60 g (2 oz.) canned sardines (with bones)
250 ml (1 cup) yoghurt (plain)	250 ml (1 cup) hot chocolate (made with milk)
250 ml (1 cup) milk pudding	375 ml ( $1\frac{1}{2}$ cups) ice cream
375 ml ( $1\frac{1}{2}$ cups) cream soup (made with milk)	250 ml (1 cup) ice milk
250 ml (1 cup) cottage cheese	

**NOTE:** If your family drinks milk directly from a dairy farm, be sure you are protected from harmful bacteria that could be in the milk. Pasteurize it at home by heating it to the point where small bubbles form in the milk. Do not let it come to a full boil. Stir and keep the milk at this point for one-half minute. Cover, remove from heat and cool quickly by setting the pan in cold running water. Remember also that milk from the farm does not contain vitamin D. Ask your doctor about a supplement.

# IRON

The need for iron increases as pregnancy progresses; requirements are particularly high in the last three months. Extra iron is needed for:



## BABY

- to build red blood cells
- to furnish a store of iron for the first few months of life, when his/her diet contains only milk. This will prevent your baby from becoming anemic.

## MOTHER

- to supply baby's iron needs
- to build the extra blood cells needed during pregnancy
- to maintain iron stores in the body for delivery
- to prevent iron deficiency (anemia).

Most of your body's need for iron can be met with a balanced diet. However during pregnancy, because the need is so great, your doctor may recommend that in addition to eating iron rich foods, you take an iron supplement.

## *Prevent Anemia! Eat IRON-RICH Foods*

### *excellent sources:*

- Meat — 2 servings daily. Liver is especially rich in iron. Eat it once a week. Try the recipe given below.
- Dried fruits — raisins, prunes, figs, apricots and apples.
- Dried peas and beans.
- Prune juice.

### *good sources:*

- Whole grain breads and cereals. Read the labels on cereals that are not whole grain and buy only those that are labelled with the words "Enriched or fortified with iron and B vitamins (thiamin, riboflavin, and niacin)."
- Green leafy vegetables (the greener the vegetable, the more iron it contains).
- Tomato juice.
- Egg yolk.

## *A Fool-Proof Recipe for Liver-Haters*

Soak 454 g (1 pound) liver in boiling water 2-3 minutes.

Drain. Slice into thin strips.

Combine 125 ml (½ cup) flour, 2 ml (½ tsp.) salt, 2 ml (½ tsp.) pepper, and 10 ml (2 tsp.) dry mustard, and coat liver well.

Heat 30-45 ml (2-3 tbsp.) oil in frying pan.

Stir-fry liver quickly over high heat.

Do not over cook.

You may enjoy adding:

onion rings, green peppers, bacon, soy sauce, and any other spices you like.

Serve over rice.

# VITAMIN A

Vitamin A is the *To see and Be seen* vitamin (for shiny hair, healthy skin and complexion, good eyesight in the dark, and growth).

You need more vitamin A during pregnancy for the development of your baby's eyes, skin, eyelashes, and tissues. More vitamin A is also needed during lactation.

## Vitamin A Sources

Each of these foods, in the quantity shown, represents one serving rich in Vitamin A.

3 apricots

$\frac{1}{4}$  medium cantaloupe

125 ml ( $\frac{1}{2}$  cup) carrots

250 ml (1 cup) broccoli

125 ml ( $\frac{1}{2}$  cup) beet greens

125 ml ( $\frac{1}{2}$  cup) winter squash

125 ml ( $\frac{1}{2}$  cup) canned pumpkin

$\frac{1}{2}$  medium sweet potato, cooked in skin

125 ml ( $\frac{1}{2}$  cup) cooked spinach,

90 g (3 oz.) liver

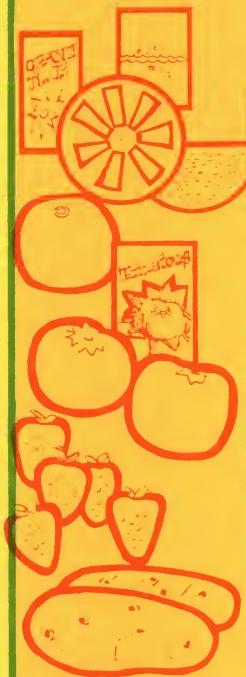
**REMEMBER:** Color is an indication of vitamin A content. Fruits and vegetables that are dark green or deep yellow have the most vitamin A.



# VITAMIN C

Vitamin C cements cells together and in this way it aids wound healing. Vitamin C also gives strength to blood vessel walls which helps prevent hemorrhage.

You need more vitamin C during pregnancy for tissue growth for you and your baby. During lactation more vitamin C is needed since it is present in breast milk.



## Vitamin C Sources

Each of these foods, in the quantity shown, represents one serving rich in vitamin C.

### *excellent sources:*

- 1 orange
- 125 ml ( $\frac{1}{2}$  cup) orange juice (fresh, frozen, canned)
- $\frac{1}{2}$  cantaloupe
- 125 ml ( $\frac{1}{2}$  cup) broccoli
- 250 ml (1 cup) spinach

### *good sources:*

- 125 ml ( $\frac{1}{2}$  cup) grapefruit juice or  $\frac{1}{2}$  grapefruit
- 125 ml ( $\frac{1}{2}$  cup) vitaminized apple juice
- 250 ml (1 cup) tomato juice or canned tomatoes
- 125 ml ( $\frac{1}{2}$  cup) strawberries (raw or frozen whole)
- 250 ml (1 cup) coleslaw
- 2 medium potatoes, cooked in skin

## Tips to Conserve Vitamin C

Vitamin C can be easily lost by exposure to heat, air, and by poor preparation and cooking methods. So:

- Cover and refrigerate juices. Do not open or reconstitute more than can be used in two or three days.
- Prepare vegetables just before cooking.
- If vegetables must be peeled, use a peeler and remove only a thin peel.
- Cook vegetables with the skin on whenever possible.
- Leave vegetables in fairly large pieces for cooking.
- Cook vegetables in a steamer or in a small amount of boiling water in a covered pot.
- Cook vegetables only until tender crisp. Do not overcook.
- Use the cooking water to flavour soups, sauces, and gravies.
- Serve cooked vegetables immediately.

## FOLIC ACID

Folic acid is a B vitamin that is especially important during pregnancy. It helps the body get the energy from food so the body can make use of the food it consumes. Folic acid (also called folate), is necessary for normal red and white blood cell formation. Since the blood volume of both the baby and the mother increases rapidly, this nutrient is important in preventing anemia.

The folic acid content of foods may vary with the seasons and conditions of storage. A folic acid supplement may be necessary in some cases. Check with your doctor. Folate-rich foods are also rich in other nutrients. Enjoy these foods every week:

### *excellent sources:*

- organ meats — liver, kidney
- spinach
- shredded wheat
- asparagus
- oats
- mushrooms
- potato
- walnuts
- milk

### *good sources:*

- broccoli
- almonds
- cabbage
- lettuce
- cauliflower
- dates

## VITAMIN D

Without adequate vitamin D, the body may not make use of all the calcium it needs for your baby's tooth and bone formation, even if there is enough calcium in your diet. During pregnancy and lactation 200 I.U. vitamin D are required each day. Vitamin D is known as the "sunshine vitamin" because our bodies make vitamin D when skin is exposed to sunshine. It is found in only a few foods such as egg yolk and fish liver oils. However, some foods are fortified with vitamin D. Margarine contains 100 I.U. of vitamin D per 15 ml or 1 tablespoon. All fluid milks contain 80 I.U. of vitamin D in 250 ml or 1 cup. If you do not use these products, then you should take a vitamin D supplement recommended by your doctor.

# PROTEIN

Protein is important for growth and repair of body tissues—baby's and your own. Be sure to have enough protein in your diet. Adequate protein is also essential for proper brain development in your baby.

## *What Foods Contain Protein?*

The extra protein needed during pregnancy and lactation is provided by increasing your daily milk intake to 750-1000 ml (3-4 cups) of milk. Protein is also supplied in meats, fish, poultry, eggs, and from vegetable sources. At least two servings of meat or its substitute should be eaten each day in addition to the milk.

Vegetable proteins are found in dried peas and beans, nuts, bread and cereals but are not as good quality as animal proteins (milk, cheese, meat, fish, poultry, eggs). Vegetable proteins lack certain essential amino acids (building blocks of protein). Therefore it's best to combine vegetable proteins with animal proteins in the same meal such as eggs and toast, chili, hamburger in a bun, peanut butter sandwich and milk, or spaghetti and meatballs. This way animal proteins provide the essential amino acids that are missing in the vegetable proteins. Vegetable proteins can also be combined with other vegetable proteins to make a complete protein (example: peanut butter sandwich, pea or bean soup with whole grain bread). Vegetarians need to be especially careful to combine vegetable proteins that complement each other.

## ***VEGETARIANISM AND PREGNANCY***

There are three classes of vegetarians. Each type avoids various foods so the expectant mother needs to balance her diet with particular care.

### ***Vegans,***

or the strict vegetarians avoid all foods of animal origin, including milk, eggs, dairy products, meats, poultry and fish. Because of the increased need for calcium, riboflavin, vitamin D and protein during pregnancy, omitting milk from the diet increases the challenge in achieving a balanced diet. Vegans need to include daily, relatively large amounts of certain dark green leafy vegetables such as beet greens and spinach. Soy beans, almonds, broccoli and rutabaga are moderately good sources of calcium. Margarine is fortified with vitamin D and several vegetables are high in riboflavin. Particular care must be taken to balance grains and legumes for protein. Since B<sub>12</sub> is found only in animal sources, a fortified cereal or vitamin preparation must be taken.

## *Lacto-vegetarians*

eat dairy products but not meat, fish, poultry, or eggs. By eating dairy products, it is not as difficult to balance the protein and to get enough of the other nutrients that are especially important during pregnancy.

## *Lacto-ovo-vegetarians*

include eggs and dairy products in their diets while excluding meat, poultry and fish. It is easier for a lacto-ovo-vegetarian to balance the diet with the addition of eggs. This increases the protein and the iron. All vegetarians need to pay close attention to the iron in their diet since dairy products and fruits and vegetables are not particularly rich in iron.

# **Protein Sources**

Each of these foods, in the quantity shown, represents one serving and *all* are equal in protein content.

90 g (3 oz.) lean meat (beef, pork, poultry, fish, liver)

90 g (3 oz.) hamburger patty

3 wieners

90 g (3 oz.) cheddar, process or cottage cheese

80 ml (5 Tbsp.) peanut butter

1 peanut butter sandwich (2 slices bread and 30 ml (2 Tbsp.) peanut butter) with 250 ml milk.

3 eggs

125 ml ( $\frac{1}{2}$  cup) canned salmon or tuna

250 ml (1 cup) cooked, dried split peas, lima beans, lentils

250 ml (1 cup) spaghetti with meatballs and tomato sauce

375 ml (1  $\frac{1}{2}$  cups) beans with pork and tomato sauce

8 link pork sausages (16 links per lb.)

3 wedges cheese pizza (14" diameter and cut in 8 wedges)

500 ml (2 cups) milk

The needs of pregnant or nursing mothers are quite similar to the needs of every member of the family. A look at Canada's Food Guide will show how these needs can be met.

# CANADA'S FOOD GUIDE

Variety is the key to good nutrition. Eat foods from each food group every day.

<i>Food Group</i>	<i>Major Nutrients</i>	<i>Family Needs</i>	<i>Examples of Servings</i>
Milk and Milk Products	Calcium Protein Riboflavin	Children 2-3 servings Adolescents 3-4 servings Adults 2 servings PREGNANT AND NURSING MOTHERS 3-4 servings	250 ml (1 cup) whole, 2%, skim milk 250 ml (1 cup) yoghurt (plain) 250 ml (1 cup) milk pudding 250 ml (1 cup) cottage cheese
Fruits and Vegetables	Vitamin A Vitamin C Folic acid	4-5 servings	One serving is 125 ml ( $\frac{1}{2}$ cup) or one medium piece of fruit or vegetable. Include at least 2 vegetables. Choose a variety of both vegetables and fruits—cooked, raw, or their juices. Include yellow or green or leafy vegetables.
Meat and Alternates	Protein Iron B vitamins	2 servings	90 g (3 oz.) lean meat (beef, pork, poultry, fish, liver) 80 ml (5 Tbsp.) peanut butter 250 ml (1 cup) cooked, dried split peas, lima beans, lentils
Bread and Cereals	Iron B vitamins Carbohydrate	3-5 servings	1 slice whole grain or enriched bread 125-250 ml ( $\frac{1}{2}$ -1 cup) whole grain or enriched ready-to-eat or cooked cereal 125-200 ml ( $\frac{1}{2}$ - $\frac{3}{4}$ cup) enriched macaroni, spaghetti, noodles 125-200 ml ( $\frac{1}{2}$ - $\frac{3}{4}$ cup) cooked converted or brown rice 1 average dinner roll $\frac{1}{2}$ hamburger or hot dog bun

**Energy needs** vary with age, sex and activity. Foods selected according to the guide can supply 1000-1400 calories. For additional energy, increase the number and size of serving from the various food groups or add other foods. Expectant mothers require more servings from each group to obtain all the necessary calories required for pregnancy.

# MEAL PATTERNS

You can meet your daily food needs in many different ways. Some mothers-to-be may feel more comfortable eating four or five small meals, rather than three large meals. Choose a pattern that suits you. Just remember to include the required amount of food from the four food groups daily. Extra servings from each food group will provide the necessary calories required during pregnancy.

## Suggested Meal Pattern

<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
Vitamin C rich fruit or juice Whole grain or enriched cereal with milk Egg (or other protein substitute) Whole grain or enriched toast Milk	Main dish containing protein food (sandwich, casserole, salad) Vegetable or fruit (could be in soup or raw) Whole grain bread or rolls Milk	Meat or meat substitute Vegetable and/or salad Rice or pasta Dessert (fruit, milk dessert, or ice cream) Milk

***Snack Ideas*** — can be any nutritious foods from the four food groups

Toast or crackers Cheese	Bran muffin Unsweetened fruit juice	Peanuts Milk
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## Suggested Five Meal Pattern

1. Vitamin C fruit or juice  
Whole grain or enriched cereal with milk
2. Egg or other protein source  
Whole grain or enriched toast  
Milk
3. Vegetable soup  
Crackers  
Salad with cheese, tuna or other protein source  
Milk
4. Bran muffin or roll  
Cheese or peanut butter  
Fruit juice
5. Casserole or meat serving  
Vegetable  
Rice or pasta  
Milk dessert

## *Weight Gain*

You've heard of calories! A calorie is a measure of the amount of energy a food provides when it is used by the body.

If you eat more calories than you burn up, you will gain weight. If you eat fewer calories than you burn up, then you will lose weight. A healthy person maintains ideal weight by balancing food intake with energy output.

Mothers need extra calories during pregnancy to support baby's growth — an extra 300 calories per day. The extra calories are needed mainly in the last six months of pregnancy when baby grows the most. Weight gain is important at this stage.

During lactation 500 extra calories are needed each day to provide for an adequate supply of breast milk.

Make those extra calories count. Choose them from foods listed in Canada's Food Guide, that provide vitamins, minerals and other nutrients in addition to calories.



## *Exercise*

Exercise and fitness are important throughout your lifetime for health and maintenance of body weight. Pregnancy is no exception.

Obstetricians and fitness specialists generally agree that women can and should continue usual sports activity and exercise during their pregnancies for as long as they feel comfortable. The danger to the baby is minimal since the uterus is one of the best protected organs in the female body. The baby floats in a water bag and cannot be injured when shaken.

The muscles in the pelvic area have to support the added weight that develops during pregnancy. These muscles therefore may become more susceptible to stretching and tearing. However, normal sports activity is not harmful. Swimming is probably the best sport for the expectant mother — the water carries the weight and relieves the pelvic muscles.

There are a few guidelines that should be followed. Extra care must be taken during the first three months while the fetus is getting established. Don't start any activity that is beyond your current level of fitness. In order to overcome tiredness, proper diet and rest are very important. Elastic stockings should be worn to help prevent sprains. Be sure to stop an activity if any pain is experienced.

Care and caution is the key to successful exercise during pregnancy. Being fit for all your life is essential to good health and these nine months are no exception.

## How Much Gain?

In the past a maximum weight gain of 9 kg (20 pounds) was recommended. It has now been found that a weight gain of 11-13 kg (24 to 30 pounds) is more desirable.

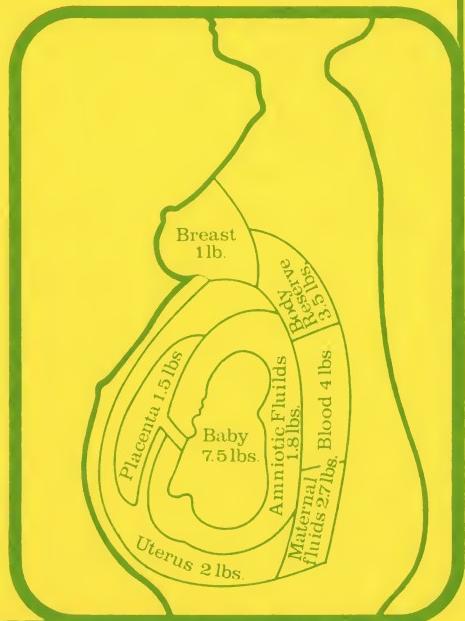
If you are overweight, you still need to gain for your baby's health. Pregnancy is not the time to try to lose weight. If you do, you may omit foods that are essential for your health and baby's. Wait until after your pregnancy and nursing period to cut down on calories. If you are underweight before pregnancy, you should gain more than average.

Your baby accounts for only part of the weight you must gain. Your own body must add blood, muscle, fluids and other tissues necessary for your baby's development.

## Weight Gain Distribution

Placenta	0.7 kg	(1.5 pounds)
Baby	3.4 kg	(7.5 pounds)
Amniotic fluid	0.8 kg	(1.8 pounds)
Uterus	1.0 kg	(2 pounds)
Breast	0.45kg	(1 pound)
Blood	1.8 kg	(4 pounds)
Maternal fluids	1.25 kg	(2.8 pounds)
Body reserves for breastfeeding	1.5 kg	(3.3 pounds)
Total:	11 kg	(24 pounds)

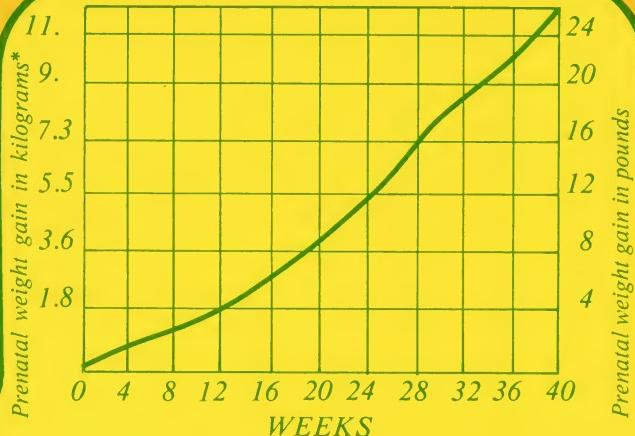
This accounts for the minimal weight gain desired. If you gain less than 11 kg (24 pounds), your stores may be depleted and then your health will suffer. There is also an increased risk of having a small baby. Infants that have a low birth weight [less than 2.7 kg (6 pounds)] tend to have more health problems during their first year of life. Remember that there is a relationship between the amount of weight you gain during pregnancy and your baby's birth weight.



## Rate of Gain

Rate of gain should be an indication of the development of the child and supporting tissues. However, individual weight gain will vary, depending on your weight before pregnancy. Your rate of gain each week should help you determine whether you need to increase or decrease your calorie intake. For the first twenty weeks, your gain should average 0.24 kg ( $\frac{1}{2}$  pound) per week. During the second twenty weeks, you should gain 0.34-0.45 kg ( $\frac{3}{4}$ -1 pound) per week. During the first 2 to 3 months there will be little weight gain because the baby grows very little (see chart on the next page). Most weight gain should be a gradual increase. Report any sudden increase in weight to your doctor.

## *Normal Prenatal Weight Gain*



\*1 kilogram is equal to 2.2 pounds

### *Tips to Watch your weight*

If your weight gain differs a lot from the chart above and your doctor suggests you watch your weight, there are several things you can do to cut calories but not essential nutrients:

- Substitute skim or 2% milk for whole — but still take the 750-1000 ml (3-4 cups) required daily.
- Substitute low calorie foods (carrot or celery sticks, clear soups, fresh fruit and unsweetened juices) for high calorie foods that provide few nutrients other than calories (pastry, cake, candy, fried foods, soft drinks, sweet desserts, chips, rich sauces, gravy).
- Try broiling, baking, or roasting instead of frying.
- Avoid sugar and foods high in sugar.
- Be a creative cook. Experiment with herbs and spices rather than rich sauces and gravy.
- Don't cut out bread and cereals. They supply important iron and B vitamins.
- Don't use diuretics or water pills, unless specifically indicated by your doctor.
- Contrary to what you may have heard, YOU SHOULD NOT RESTRICT YOUR SALT INTAKE. Salt is necessary for you and your baby in a normal pregnancy. It is important for maintaining certain normal body functions. Use iodized salt moderately in cooking and at the table.

## *To supplement or not to supplement?*

If a well balanced diet (including milk products with vitamin D added, fruits and vegetables, breads and cereals, and meats) was eaten before you became pregnant and throughout your pregnancy, then vitamin and mineral supplements except for iron and folic acid, are usually not necessary. The requirement for these two nutrients is high during pregnancy and it is difficult to obtain sufficient amounts from the foods you eat each day. For the second and third trimester, your doctor will probably prescribe a supplement that contains iron and folic acid. Contrary to popular belief, fluoride supplements taken prenatally seem to be ineffective in strengthening tooth enamel in the infant.

Vitamin and mineral pills cannot make up for a poor diet. Pills do not supply certain nutrients including protein, carbohydrate, fat and some vitamins and minerals. You must get these nutrients from foods. There are more than 50 different nutrients that our bodies need. A supplement may provide only 5-10 of these. For example, calcium tablets are not a substitute for milk. They contain calcium only and do not supply the other important nutrients found in milk, such as protein, riboflavin, and vitamin D. Follow Canada's Food Guide — and remember that prenatal vitamin pills are only added insurance to your good diet! Some vitamins are stored by the body. These can be harmful in excess. A balanced diet provides just enough of most vitamins and minerals.

## *Under Nineteen— A Special Group with Special Needs*

If you are under nineteen and expecting a baby, your diet is especially important. You need the same foods as older pregnant women and more. Your body is still growing so the foods you eat must help you and your baby grow and remain healthy. Check the food guide on page 10 and choose the larger number of servings in each food group. This would mean at least four servings of milk (or perhaps more), five servings of fruits and vegetables, five servings of bread and cereals and two servings of meat and alternates. In order to have enough calories, you will need to choose extra servings from the food groups. Canada's Food Guide provides the minimum number of servings.

Be sure to put special emphasis on foods high in protein, calcium, iron, folic acid, and vitamins A, C, and D. Choose snacks that are rich in these nutrients. And if your doctor has prescribed an iron and folic acid supplement, remember to take it every day.

In order to eat all the foods you need each day, it is important to have a good breakfast. As soon as you feel like eating after you get up, enjoy some good foods. Breakfast doesn't have to be the traditional bacon and eggs or cereal and toast. Eat foods from at least three of the four food groups. Muffins, fresh fruit, cold meat, or chili could be possibilities. Remember to have a serving from the milk group too.

It is difficult to choose good snacks when friends are having soft drinks, and french fries. However, unsweetened fruit juice, milk, hot chocolate, and a muffin, brown toast and peanut butter, cheeseburger or a sandwich would be much better for you. An apple, orange or banana can be carried in your pocket or purse to be eaten as a snack instead of a candy bar or other non-nutritious snack. Remember to eat the foods you *need* first and then eat the foods you want. The rating guide on page 17 will help you choose your snacks.

It is important for you to gain weight so that your baby will be able to grow and develop. You can get extra calories by choosing good snacks and taking more servings from each food group. Be sure to gain 11-13 kg (24-30 pounds).

Almost anything you take into your body — cigarette smoke, beer, wine, aspirin, cough syrup, etc., is passed on to your baby. All of these can harm the infant. Try to avoid them all throughout pregnancy.

It is up to you to do your best to produce a healthy baby. Eating good foods and making regular visits to your doctor are the two most important things you can do during these nine months.



# YOUR SNACKS-HOW DO THEY RATE?

SNACK	FOOD GROUP				ENERGY RATING CALORIES	PROTEIN	CALCIUM	IRON	VITAMINS				+ small source ++ fair source	+++ good source ++++ excellent source
	Milk Group	Meat Group	Veg Group	Bread Cereals					A	THIAMIN	RIBOFLAVIN	NIACIN EQUIV.		
Milk, Whole 250 ml	•	•			160	+++	++++	+++	++	+++	++++	+	+++	++++
Skim					90	+++	++++	+++	++	+++	++++	+	+++	++++
Ice Cream, 125 ml	•				125	+	++			+	++	++		
Cheese, 30 g		•			115	+++	+++	++	++	+++	+++	++		
Cheddar					105	+++	+++	++	++	+++	+++	++		
Swiss														
Pizza, Sausage ½ of 14" pie	•	•	•	•	315	++++	++	++	++	+++	+++	++	++	++
Cheese Burger on a bun	•	•	•	•	435	+++	+++	++	++	+++	+++	++	++	++
Taco with ground beef filling and cheese	•	•	•	•	480	++++	++	++	++	+++	+++	++	++	++
Peanuts, 60ml		•			210	+++	+	++	++	++	++	++	++	++
Fruit														
Apple, 1 medium					70								++	
Apricots, dried, 10 halves					100	+	+	+	+	+	+	+	++	
Grapes, 30					106	+	+	+	+	++	++	+	++	
Orange, 1 medium					60	+	+	+	+	++	++	+	++	
Orange juice, 125 ml					60	++	++	++	++	++	++	+	++	
Vegetables														
Cabbage, 250 ml (raw)													+++	
Carrot, 1 medium					25								++	
Cauliflower, 2 flowerets					20								++	
Celeri, 1 large stalk					15								++	
Green pepper, 1 med					5								++	
Tomato juice, 125 ml					15								++	
French Fries, 10 pieces					23								++	
Potato Chips 10.2" chips					155	+	+	+	+	++	++	+	++	
Popcorn 250ml														
Coke, 175ml					110									
Coffee, 250ml					40									
Chocolate bar, 30 g					145									
Bran muffin, 1		•			0									
Donut, 1					125									
Cookies, 1 Sandwich Chocolate or vanilla					50									
Beer, 375ml					150									

\*Adapted from National Dairy Council publication "Your Snacks - Chance or Choice".

# **RELIEF FROM COMMON PROBLEMS**

## *What to do?*

### *Morning Sickness*

- Before getting out of bed in the morning, eat a few crackers, a handful of dry cereal, or a piece of toast or dry bread. Put these within reach of your bed the night before.
- Get up slowly in the morning. This may take as long as 15 minutes. Avoid sudden movements.
- Try eating a number of small meals, rather than three big ones, so your stomach usually has food in it. Never go for long periods without food.
- Drink fluids, including soups, between rather than with meals.
- When you feel nauseated between meals, drink small amounts of apple juice, grape juice, or carbonated beverages.
- Avoid foods high in fat, including greasy and fried foods. These include butter, margarine, mayonnaise, bacon, gravies, pie crusts, pastries, fried meats, and french fries.
- Eat lightly seasoned foods. Avoid foods cooked with pepper, chili, and garlic.
- When cooking, open windows or use the exhaust fan to get rid of odors.
- Be sure to have plenty of fresh air in the room when you sleep.
- Consult your doctor if you are vomitting after 3 months. It is important that you eat nutritious foods throughout pregnancy.

## *Constipation*

- Certain changes which take place in your body during pregnancy may make you constipated. Changes in your hormones tend to increase relaxation of the muscles in your intestine. The pressure of the growing uterus on the lower portion of the intestine may make bowel movements somewhat difficult. Not enough exercise or not enough fiber and liquids in your diet may also add to this problem. It may not be necessary to have a bowel movement every day.

### *What to do about it...*

- Use whole grain cereals and breads such as oatmeal, whole wheat bread, and brown rice. Try a bran muffin for a snack.
- Eat more raw fruits and vegetables, including skins. Also try dried fruits, stewed prunes or apricots, and prune juice.
- Drink more liquids. Include water, milk, cocoa, fruit juices, and soups. A glass of warm water as soon as you get up may help.
- Have regular mealtimes.
- Have regular toilet habits and do not be rushed.
- Exercise regularly.
- Never use laxatives without your doctor's advice.
- Never use mineral oil, as it interferes with absorption of several vitamins.
- Report persistent constipation to your doctor.

## *Heartburn*

Heartburn is sometimes a problem during the last months of pregnancy. As your baby grows, there is increased pressure on your stomach. And also, your muscles may be more relaxed and may tend to allow food to go back into the esophagus. If you have heartburn, try the following:

- Eat 5 or 6 small meals a day.
- Refrain from taking fluids 1½ hour before meals and up to 2 hours after each meal.
- Take fruit juice 2 hours after a meal.
- Limit fatty and fried foods.
- Avoid spicy foods.
- Take time with your meals. Relax. Eat slowly.
- Wear clothes which are loose around your waist.
- DON'T TAKE BAKING SODA or any other commercial preparation.

Over-the-counter drugs may be harmful to your baby. Never take a medication before talking to your doctor.

## **DON'TS FOR THE EXPECTANT MOTHER**

Whatever you take into your body, or don't take into your body during pregnancy, will affect not only you but your baby too. You show love for your baby by eating what nourishes him or her and avoiding what does not. This applies not only to food, but to alcohol, nicotine, drugs and other substances which are harmful to your baby. Amounts you tolerate may be an overdose for your baby.

### ***Smoking***

- Mothers who smoke tend to have underweight babies, an increased risk of miscarriage, and increased number of premature deliveries.
- If you are pregnant or nursing, stop smoking. Infant deaths are higher in infants born to smokers. During pregnancy, cigarette smoking may slow your baby's growth. Nicotine is passed to the amniotic fluid that surrounds your baby. He/she may be growing up in a smoke filled room! Small babies are more likely to have health problems during infancy than average size babies. Heavy smoking (a pack a day) while nursing may decrease the amount of milk produced.

### ***Drugs***

- Don't take any drugs, including common household remedies, such as aspirins, cold medications, cough syrups, and tetracycline or laxatives during pregnancy and lactation without first consulting your doctor. Drugs can pass through the placenta to the baby. Certain drugs may cause birth defects.
- Your doctor will tell you which drugs to avoid.
- Drugs can also be passed through breast milk.

### ***Alcohol***

- During pregnancy it is wise to discontinue drinking alcoholic beverages. As few as 2-5 drinks per day have been found to be damaging at certain periods of the infant's prenatal development. Even a weekend bash or party can have the same effect if it is at a particular stage of development. Babies born to alcoholic mothers have been born with more serious birth defects, such as mental retardation, and stunted physical growth.

# **WHAT ABOUT BREAST FEEDING?**

Breast milk is the food designed to meet the nutritional needs of human infants. It is the most nearly perfect food for infants and to date it has not been copied successfully by any commercial products.

Before your baby arrives, you should discuss breast feeding with your public health nurse, doctor and the baby's father. After all, they want the best for your baby too. You will have noticed changes in your breasts during pregnancy such as enlargement and fullness. All of this is in preparation for feeding your baby. Talk to your public health nurse or doctor about steps you can take to help prepare your breasts too. They will also be able to recommend several good books on the subject. Preparation for breast feeding, both physically and mentally will help make breast feeding more successful.

Now that you are on your way to being a good "Baby Builder" ask your home economist, public health nurse or doctor for a copy of the pamphlet — One to Grow On — An Infant Feeding Guide for Parents, also available from:

The Home Economics Directorate,

2nd floor, 880 Portage Avenue,

Winnipeg, Manitoba, R3G 0P1.

Having a baby is one of life's wonderful experiences.

With good nutrition and prenatal care...

enjoy a healthy pregnancy...enjoy a healthy baby.

This pamphlet has been approved by:  
**THE SECTION OF OBSTETRICS AND GYNAECOLOGY**  
of the  
**MANITOBA MEDICAL ASSOCIATION**



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